

OTHER TIPS FOR CONTROLLING YOUR ANGER

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The objective of this worksheet is to recognize situations or people that trigger your anger.

These situations are...

People that make me angry....

People I need to avoid when I'm angry....

Now write down situations that calm you down...

List people who calm you down...

Being aware of what angers you can help to prepare for these situations. Acknowledge that you will probably become angry but you can choose to stay in control. Think about the helpful people and situation and think about how you can use these people to help you manage your anger. (Example, take a friend who calms you with you when you are going to a situation where you know you will become angry)